

## 15 FOODS FOR LONGEVITY

ANTI-AGING PROPERTIES	ENHANCE SATIETY/ SUPPRESS APPETITE	DECREASE FAT AND/OR MAINTAIN MUSCLE
Milk and Yogurt (reduced fat or fat-free)	Milk and Yogurt (reduced fat or fat-free)	Milk and Yogurt (reduced fat or fat-free)
Fish	Fish	Fish
Eggs	Eggs	Eggs
Red Grape Juice or Wine		
Citrus Fruits		Citrus Fruits
Berries	Berries	
Green, leafy Vegetables	Green, leafy Vegetables	
Red, orange, or yellow Vegetables	Red, orange, or yellow Vegetables	
Nuts	Nuts	Nuts
Olives	Olives	Olives
Olive Oil		Olive Oil
Whole Grains	Whole Grains	
Water	Water	Water
Green Tea	Green Tea	Green Tea
Natural, non-dutch Cocoa Powder		